

MORNING STRETCHING ROUTINE

WEEK OF: _____ TARGET DURATION: 15 MINS

MOVEMENT	TIME/REPS	FOCUS AREA	DONE
Child's Pose	60 Sec	Lower back, hips, breathing	
Cat-Cow Stretch	10 Reps	Spine mobility and core warmth	
Downward Dog	45 Sec	Hamstrings, calves, and shoulders	
Cobra Pose	30 Sec	Abdominals and chest opening	
Hip Flexor Lunge	30s/side	Psoas and hip flexibility	
Neck & Shoulder Rolls	10 Reps	Tension release	

NOTES / HOW I FEEL: